

# 75 Ways To Be Happier

By Jim Smith, PCC

The Executive  
Happiness Coach<sup>®</sup>  
Happiness is a decision, not an event!



A Happiness @TheSpeedofLife  
Guide Book



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## A Happiness @TheSpeedofLife Guide Book

Jim Smith is an executive, health, and life coach, international speaker, author, and troublemaker, who wants to remind you of two things:

1. Leadership is not about a title, it's about how you show up for people, and
2. Happiness is a decision, not an event!

If you want to know more, visit

<https://theexecutivehappinesscoach.com/about>



To join the monthly conversation on Happiness, Leadership, and Coaching, visit

<https://tinyurl.com/WhyNotHappy>

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## Chapter One

### One-Minute Wonders

29 Instant Actions to Create Right  
Away Happiness

**1. Smile**

Humans are mirrors – we reflect back what others put out there. When you smile, you are more likely to receive a smile back, which in turn lifts your spirits.

**2. For an entire day, respond to all news from others with “That’s wonderful!”**

When you bring a spark to conversation, it burns brighter.

**3. Say “I love you” to someone who matters to you**

Do not assume that person knows how you feel. Speak it aloud.

**4. Take a walk on a clear night and notice the stars**

The stars are always there if you just look UP.

**5. Say “no” to something you really don’t want to do**

Helping others is important, as long as you honor your own boundaries and saying “yes” won’t drain you.



## **6. Laugh out loud**

You release endorphins into your body, plus you breathe deeply and take in extra shots of oxygen; what's NOT to like about laughter?!

## **7. Tell a harried retail clerk, "You have a terrific smile!"**

Connect to the humanity in another human and you'll get a happiness rush!

## **8. Hug your friends**

Human beings grow stronger when they have physical contact with others. When a hug is not appropriate, face the other person heart-to-heart while in conversation, and use both hands when you shake theirs.

## **9. Sing out loud with the radio**

Why not?

## **10. Say "Thank You"**

Deliver it simply and with a smile.

## **11. Notice how lucky you are to be you**

Sure, you've got issues – what human being doesn't?! Flaws and all, you are one totally cool person. Make sure you know that.

## **12. Accept a favor from someone**

Allow yourself to drop the mantle of "superhuman" for a moment.



### **13. Perform a random act of kindness**

A quick pick-me-up. Random acts of kindness bring energy back to you both from the spontaneity and the knowing you made a difference for someone.

### **14. Watch a baby sleeping**

So sweet, so trusting. Ahhhhh. Take a nice deep, slow breath.

### **15. Say "I appreciate you"**

Make eye contact. Let your heart shine.

### **16. Wish others a happy day**

When you increase your positive impact on others, it also helps you feel more positive.

### **17. Tell someone you admire him or her**

You'll be able to toast marshmallows on the warmth of the smile you'll get back!

### **18. Listen to someone else's story**

Be curious about another human being.

### **19. Surprise yourself**

Stick a few five-dollar bills into the pockets of your favorite pants or your jacket. Put them away and forget about them. Next time you wear that outfit, Surprise!

### **20. Play your favorite song, LOUD!**

Feel the sheer joy of it wash over your body. Feel the rhythm of it in your bones. Music feeds our soul like nothing else!



## **21. Pretend it's the first time you've ever tasted your favorite food**

Enjoy it slowly, it one fragrant forkful at a time. Roll it around on your tongue and savor the texture and its sweet/sour/salty/spicy-ness.

## **22. When asked, "How are you?" respond with "I'm fabulous!!"**

Secret tip: people are far less likely to share their burdens with you when you don't start with yours!

## **23. Say a prayer of thanks**

People who feel connected to a greater power typically report more consistent levels of contentment and happiness.

## **24. Imagine a beautiful place**

The human brain cannot distinguish between real and imagined. You will experience some of the same feelings from your visualization as you would from really being there. Even mini-vacations are helpful!

## **25. Look at something thru the eyes of a four-year-old**

Remember what it was like to find everything new and exciting.

## **26. Sit with the new coworker at lunch**

When you extend yourself to others, you will feel better about yourself.



## 27. Call an old friend to say "I was thinking about you today"

Happiness grows stronger when you nurture your connections to others.

## 28. Give yourself permission, right now (to be happy)

Be the last person to stand in your own way!

## 29. Listen to your heart

Your intuition knows more than your rational mind will admit. Go with your heart or gut a few times and notice how well they take care of you.







## Chapter Two

### Take a Moment Habits

24 Little Activities That Will Expand  
Your Capacity for Happiness

**30. Write a letter of gratitude to  
someone who made a difference  
in your life (and send it!)**

When you express gratitude you make YOU feel better, too.

**31. Make a date with yourself to do  
something you enjoy**

Make “taking care of you” a priority.

**32. Make a Joy List**

Write down 100 things that bring you joy... then put the list away. When you feel down, retrieve and read that list – you will notice yourself feeling better.

**33. Let go of feeling guilty about  
something**

Guilt is a self-imposed burden. Give yourself a break – you don’t have to be responsible for everything!

**34. Once a month, take the scenic  
route**



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Turning off your “auto pilot” occasionally helps you appreciate what you often take for granted. Beauty is all around you if look for it.

### **35. Take a bag lunch and eat it in a park**

Nothing improves the flavor of a sandwich like warm sunshine on a picnic table!

### **36. Write down 100 things that make you happy**

After you do the big and obvious, you’ll find you have to expand to the tiny, everyday things that surround you.

### **37. Spend 15 minutes in quiet meditation**

Calm is a quiet form of happiness and a place of renewal from stress.

### **38. Stop doing something that conflicts with your values**

When what you say lines up with what you do, you eliminate guilt and provide a positive example to others.

### **39. Hang around with happy people**

Happiness is an infectious virus easily transmitted when in close contact with people who are “carriers.”

### **40. Send someone flowers from “A Secret Admirer”**

You’ll get to smile inside when you hear them tell their story.



#### **41. Rent and watch a movie that makes you "cry for happy"**

Research shows that the positive afterglow of an upbeat movie will remain with you for up to 48 hours after viewing.

#### **42. Finish a good book**

Bask in the bittersweet pleasure/sadness that comes from reading the last page...

#### **43. Share a recipe**

And share a story to go along with it.

#### **44. Write down a "win" at the end of each day**

No day is a complete loss if you're still breathing at the end of it. Take a moment to write down one thing you accomplished, and after a few weeks you'll find yourself more likely to celebrate those wins as they occur.

#### **45. Try a new food**

Expand your culinary horizons. Admire your own bravery.

#### **46. Create little reasons to smile**

Put a handful of yellow daisies in a coffee mug on your kitchen counter. Buy a fun frame for that picture of your niece. Stick a bobble-head on your dashboard. Whenever you see it, it will make you smile. When that stops happening, mix it up again.

#### **47. Share your dreams with a friend**

Speaking them out loud brings you one step closer to making them real.



#### **48. List ten things you look forward to in the next year**

Spread them out so you'll always have something "Coming Soon" whenever you turn to a new calendar page.

#### **49. Be early**

You will be more relaxed during the ensuing meeting or conversation.

#### **50. Rather than thinking, "If I succeed..." say, "When I succeed..."**

Use positive language to create more positive outcomes.

#### **51. Set a good example**

Even if no one else notices that you "did the right thing," you will.

#### **52. Think BIG!**

We all need dreams. Dreams pull us into the future with a positive expectation.

#### **53. Celebrate small victories**

In the world of baseball, home runs get glory for a few minutes; winning seasons get built through the accumulation of base hits. Keep a record of yours.





## Chapter Three

### Projects That Pay

21 Investments to Nurture Your  
Happiness Superpowers!!

#### **54. Empty your closet of everything that does not make you feel beautiful**

Get rid of clothes and emotional baggage that you've been hanging on to – create space for stuff that serves you better!

#### **55. Take a class, just for fun**

Work with flowers, food, clay, or paint. Acquire a new language or skill. Be amazing to yourself!

#### **56. Learn something new**

A brain that's stimulated stays healthier longer!

#### **57. Look at a problem from a perspective other than your own**

If you circle a problem, there are 360 different perspectives and all of them are valid (even if they are not yours). From a different angle, the solution to your issue may become clearer.

#### **58. Make a new friend**

People who nurture networks of relationships feel more connected and happier.



**59. Turn in a project the day**

**BEFORE it is due**

Two benefits: a) increase in self-satisfaction,  
and b) decrease in stress.

**60. Go to bed 30 minutes early for a**

**week**

Everything looks better through the eyes of a  
well-rested body.

**61. Take action on something you're**

**putting up with**

Getting rid of a friction point in your world frees  
up wasted energy for happier purposes.

**62. Buy - and wear - a pair of**

**comfortable shoes**

It's hard to be happy when your feet hurt.

**63. Do a favor for someone**

A favor is when you'll need to go just a little bit  
out of your way – and you do so with joy.

**64. Let go of something (or someone)**

**that's holding you back**

It takes as much energy to stay put as it does  
to move forward. This is simply a reallocation  
of energy you are already using to resist.

**65. Focus on your choices rather**

**than your limitations**

Both exist. The latter diminishes you, while the  
former empowers you to take control of any





situation, even if the only choice you have is the attitude you wear.

### **66. Ask questions to understand before you decide your opinion**

Conversations based on curiosity are a lot more fun than when your primary goal is to defend your position.

### **67. Get excited by the challenge of overcoming an adversity**

Yes, it's tough. Think about how great you'll feel when you figure out how to work through what is getting in your way.

### **68. Take responsibility for a problem everyone else is ignoring**

Remember that old line, "Everybody thought that Somebody else would do it, but Nobody did?" Volunteering to help others does as much good for us as it does for them.

### **69. Do something you've been putting off since last year**

When you eliminate trapped energy, it feels great!

### **70. Seek solutions, not blame**

Blame is backward looking, while solutions are about the future.



## **71. Reach farther than you think you can**

Do something you do not think yourself capable of – stretch beyond what you are used to, and enjoy how those new “muscles” feel.

## **72. Mentor someone**

Enjoy the sense of pride and satisfaction that comes from watching your protégé achieve and grow.

## **73. Make healthy food choices**

You are what you eat – literally; eat junk, feel like crap; eat healthy and your body will have greater capacity for good feelings.

## **74. Stop accepting excuses from yourself**

Don't let you get away with failure to deliver on promises to you.







## Chapter Four

### Life Changer

This Practice Will Absolutely,  
Positively, Change Your Life

#### **75. Behave like the happiest person you know... and notice what happens!**

“Fake it ‘til you make it” is a wise process. The more often you act the part\*\*, the easier it is for your body to remember – and return to – that feeling.

#### **\*\*How to Act Happy**

**Stand Tall,  
Breathe Deeply, &  
Smile Often!**